



Resources for Family Caregivers of People with Dementia during the COVID-19 Outbreak

Alzheimer's Association - Tips for Dementia Care

- [Tips for dementia caregivers at home](#)
- [Staying healthy](#)
- [Tips for caregivers of individuals in assisted living](#)

More info available at: [https://www.alz.org/help-support/caregiving/coronavirus-\(covid-19\)-tips-for-dementia-care](https://www.alz.org/help-support/caregiving/coronavirus-(covid-19)-tips-for-dementia-care)

The following are other supportive services offered virtually.

- ["Live" Education presentations](#) – offer updated information about live education events that will be held via interactive webinar. Include topics related to “Dementia Conversations,” “Effective Communication Strategies,” “Healthy Living for Brain and Body” and more. Also, there is a lot of [online education](#) that people can engage with at any time.
- [Support Groups](#) - most support groups have moved to a telephonic format for now. Interested people can contact facilitators directly to learn how specific groups will be held. A Chapter-wide [telephone support group](#) where people can call-in from any region is also available.
- [Care consultations](#) - In-depth care consultations via phone and/or have the ability to "meet" with caregivers virtually.
- [Summary of current resources at AlzWA Blog](#): our blog post summarizes what the Alzheimer's Association is currently doing to support people in Washington state.

The Alzheimer's Association [24/7 Helpline](#) remains open to all callers anytime, day or night. Call **1 (800) 272-3900**.

UW Memory and Brain Wellness Center

Community Events & Programs

As part of our mission to promote the well-being of persons living with memory loss and their families, the Memory & Brain Wellness Center offers a variety of community events and programs. Note that in-person events are temporarily on hold during the COVID-19 outbreak. We have adapted some of our programs to take place virtually (online, phone or video). We also offer a

new menu of virtual support, education and engagement opportunities especially tailored to living well with memory loss/dementia, or caregiving, in the midst of the COVID-19 outbreak. Please see below. For more information, please contact program manager Marigrace Becker at mbecker1@uw.edu or (206) 744-2017.

***NEW* Virtual Support, Education & Engagement in the time of COVID-19**

Virtual Coffee Chat for persons with memory loss/dementia

Tuesday, April 7, 10 - 11 a.m. Make a cup of coffee or tea and come together for an informal social time with others living with memory loss or dementia. Share how you're coping in the midst of COVID-19, or offer an encouraging story or bit of humor to lift each other's spirits. Participate online or by phone, with a free application called "Zoom." Facilitated by program manager Marigrace Becker. Space is limited; [sign up](#) by the day before. [Sign Up Here.](#)

Virtual Caregiver Forums

Every Monday in April, 10 - 11 a.m., come together with other family caregivers to discuss caring for a loved one in this time of COVID-19. Make meaningful connections, offer mutual support, and discover strategies that work for others. Participate online or by phone, with a free application called "Zoom." Facilitated by clinic social worker Karen Clay and program manager Marigrace Becker. Space is limited to 20 participants; [sign up](#) by the day before. Join for just one session, or multiple. Session themes are below.

- **10 a.m. Monday, April 6:** Supporting a Loved One at Home - Safety and Wellbeing
- **10 a.m. Monday, April 13:** Supporting a Loved One at Home - Staying Active and Connected
- **10 a.m. Monday, April 20:** Supporting a Loved One at a Memory Care Facility
- **10 a.m. Monday, April 27:** Taking Care of YOU - Coping with Stress and Difficult Emotions

[Sign Up Here](#)

Virtual Community Wellness Talks

Join us for a brief presentation and Q&A from 1 - 1:45 p.m. every Wednesday and Friday in April, on various topics related to "living well" in the midst of the COVID-19 outbreak. These talks are for people with memory loss, family caregivers, and the general public, and feature MBWC providers. Participate online or by phone, with a free application called "Zoom." Join for just one session, or multiple. [Sign up](#) by the day before. Session topics are below.

- **1 - 1:45 p.m. Friday, April 3:** "Dementia Caregiving in the Midst of Covid-19 - Health, Safety and Communication" with ARNP Elisabeth Lindley.
- **1 - 1:45 p.m. Wednesday, April 8:** "Staying Connected During Social Distancing" with neuropsychologist Carolyn Parsey, PhD.

- **1 - 1:45 p.m. Friday, April 10:** Home Workouts 101 – “Staying Active with or without a Home Gym” with neuropsychologist Carolyn Parsey, PhD.
- **1 - 1:45 p.m. Wednesday, April 15:** “Just Relax’ – Far More Helpful Strategies for Stress Management” with neuropsychologist Carolyn Parsey, PhD.
- **1 - 1:45 p.m. Friday, April 17:** “Info-Savvy – Staying Sane in the Era of Information Overload” with neuropsychologist Carolyn Parsey, PhD.
- **1 - 1:45 p.m. Wednesday, April 22:** “Mind over Matter – Cognitively-stimulating activities for everyone” with neuropsychologist Carolyn Parsey, PhD.
- **1 - 1:45 p.m. Friday, April 24:** “Doing Good from a Distance” with neuropsychologist Carolyn Parsey, PhD.
- **10 a.m. Wednesday, April 29:** “Enjoying the Arts from Home” with neuropsychologist Carolyn Parsey, PhD.
- **1 - 1:45 p.m. Friday, May 1:** “Virtual Nature for the Soul” with neuropsychologist Carolyn Parsey, PhD.

[Sign Up Here](#)

UW Memory & Brain Wellness Center - Community Programs

Powerful Tools for Caregivers - Offered Virtually (Online or Phone)

Taking care of your own needs is essential for the caregiving journey, but how do you find the time or energy? Powerful Tools for Caregivers is a six-week educational series designed to help you care for yourself while you care for a loved one. Learn about effective communication, making challenging decisions, moving through difficult emotions, getting connected to helpful resources, and more. A free program; offered online or by phone via Zoom. Spring 2020: Mondays, 2 - 3:30 p.m., 4/13 - 5/18. View flyer [here](#). Space is limited; registration required by 4/6: Contact mbecker1@uw.edu or 206-744-2017.

Garden Discovery Walks - Offered Virtually (Video)

Monthly (first Fridays, March-November) nature experiences for people living with memory loss, and their family and friends. Explore nature and savor the season with walks through Seattle public gardens, followed by a creative, nature-inspired activity. Light refreshments provided. Rotating Locations. Offered in partnership with Seattle Parks and Recreation, with generous support from Family Resource Home Care. A free program and space is limited. To register and sign up for the waitlist, contact Cayce Cheairs at cayce.cheairs@seattle.gov. See a video of [Bradner Gardens walk here](#).

Healthy Brain Aging Seminars - Offered Virtually (Zoom)

The MBWC offers public talks on brain health at Seattle area ERA Living communities throughout the year. Upcoming talks include:

2 p.m. Wednesday, April 29: “Memory Loss: What's Normal, What's Not?” with Dr. Carolyn Parsey.

2 p.m. Thursday, May 7: “Diet, Exercise and Brain Health” with Dr. Lee Burnside.

More Information for Family Caregivers

- University of Pennsylvania Memory Center “[COVID-19 Stay-At-Home Survival Guide](#)” for dementia caregivers includes resources for stress reduction, activities and a sample daily routine.
- National Caregiver Action Network offers a Caregiver Help Desk **855-227-3640** and [COVID-19 and Family Caregiving](#) tips and information.

Resources for staying active, connected and calm while at home:

- [Staying Active & Bringing the Outdoors Inside](#) by UW's Dr. Carolyn Parsey offers links to exercise programs, plus livestream from zoo and aquariums, and virtual tours of national parks
- YMCA [Health and Fitness videos](#)
- Online [museum exhibits](#) including MOMA, Musee d'Orsay, Van Gogh and more
- Free [classical music](#) performances by the Metropolitan Opera, Berlin Philharmonic and more
- TimeSlips “[Creativity Center](#)” offers at-home arts activities for persons with dementia
- [Alzheimer's Poetry Project](#) offers a poem a day, a piece of art, plus a discussion prompt
- [Relaxation video series](#) from Family Caregiver Alliance

Washington's Family Caregiver Support Program

- Do you know about Washington's [Family Caregiver Support Program](#)? Staff at local offices throughout Washington are available to help unpaid caregivers of adults who need care. They can give you practical information and advice and connect you to local resources/services that meet your needs.
- You can find your office at this link: [Community Living Connections/Area Agency on Aging or Home and Community Services Office](#) OR by calling **1-855-567-0252**.

Centers for Disease Control (CDC) – Information on COVID-19 and keeping yourself healthy

- CDC Website: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Washington State Department of Health (DOH) – Information on 2019 Novel Coronavirus Outbreak (COVID-19)

- DOH Website: <https://www.doh.wa.gov/Emergencies/Coronavirus>